

Gluten-Free Asparagus Quiche

Yield: 8 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/asparagus-quiche-recipe-southern-living>

Ingredients:

- 4 cups all purpose gluten free flour
- 1 teaspoon granulated sugar
- 1/2 teaspoon salt
- 1/2 cup unsalted butter cold, cut into cubes
- 1 large egg yolk
- 1/4 cup buttermilk
- 1 1/2 cups asparagus diced
- 1/2 cup sliced green onions
- 1/2 tablespoon unsalted butter
- pepper
- salt
- 6 large eggs
- 1 cup milk I used 2 percent
- 1/2 cup heavy cream
- 1 pinch salt and coarse ground pepper
- 1 cup sharp cheddar cheese grated, or Gruyere cheese

Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 260 milligrams
4. Fat: 29 grams
5. Fiber: 1 grams
6. Protein: 12 grams
7. SaturatedFat: 17 grams
8. Sodium: 460 milligrams
9. Sugar: 4 grams

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